

Planning to Go Home

A checklist for patients at UW Medical Center

This chapter is for patients who have given birth at UW Medical Center. It explains what needs to happen before you leave the hospital. Please read this chapter early in your hospital stay.

Care and rest are important after giving birth. Planning ahead is important, too. After you get some rest, you and your family will need to:

- ☐ Start reading your **workbook and other educational materials**. Try to finish several hours before discharge so you have time to think about what you have read and ask questions.
- ☐ Review “My Discharge Checklist” on the inside front cover of this workbook.
- ☐ Talk with your nurse about your **follow-up visit**. Your nurse will remind you to make a postpartum clinic appointment for yourself. This needs to happen before you go home. If you have problems setting up an appointment, tell the nurse or patient care technician right away. They can help you, if needed.



Your follow-up clinic visit is very important. Set up your appointment before you leave the hospital.

Your Ride Home

- ☐ Early in your stay, make a plan with the responsible adult who will drive you home.

Prescriptions

- ☐ Talk with your nurse about any vaccines you may need.
- ☐ If your healthcare provider prescribes medicines for you to take at home, you can fill your prescriptions at your local pharmacy or at the UWMC pharmacy. The hospital pharmacy accepts many

prescription plans. If a co-pay is needed, you can pay with cash, check, Visa, or Mastercard. There are cash machines (ATMs) on the 1st and 3rd floors of the hospital.

- ☐ If you want to use the *e-prescribe system* for an outside pharmacy, tell your doctor which pharmacy you will use. Do this early in your hospital stay.

If you receive a prescription for opioid pain medicine:

- ☐ Be sure to tell your doctor about any other medicines you are taking.
- ☐ Read the chapter “Opioid Use” in this workbook.
- ☐ Opioids can make you sleepy. They also can be dangerous if taken at the same time as alcohol or some medicines. While you are taking opioids, do **not**:
 - Drive or use machinery
 - Drink alcohol
 - Sign any legal papers or make important decisions
 - Be the only one responsible for the care of another person or your baby

Questions?

Your questions are important. If you have questions about birth documents, talk with your nurse.

These UWMC numbers may also be helpful:

Medical Records and Notary Services: 206.598.3478

Notary Services are also available at:

- Registration: 206.598.4310
- Social Work (for inpatients): 206.598.4349
- Release of Information: 206.598.3343
- Health Information Management: 206.598.3976

Your Discharge Orders

- ☐ Before you go home, your doctors will write your *discharge orders*. This list tells what you will need before you leave the hospital and when you are at home.
- ☐ Your nurse will see these orders and help you get ready for discharge.

Medical Records

- ☐ The hospital keeps a record of the healthcare services you received while you were in the hospital. If you wish, you can ask to see your record and request a copy. To find out how to do this, visit www.uwmedicine.org/patient-resources/medical-records. We will not show your medical record to others without your permission, unless we are legally required to do so.

Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.